

High Calorie Snacks and Supplements

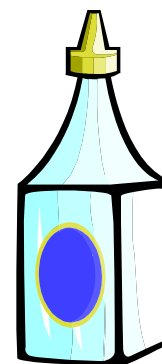
Having a healthy body weight while on dialysis is very important. If you suffer from a poor appetite or have been told you need to gain weight, try some of these ideas.

- Eat every few hours. Don't wait until you are hungry.
- Eat your largest meal when you feel most hungry.
For example, if you are hungriest in the morning, make breakfast your biggest meal.
- Eat your favorite foods at any time of the day. For example, eat breakfast foods for dinner if they appeal to you.



Add more fats to your foods to increase calories:

- Spread soft tub margarines on breads and add to cooked vegetables, cooked cereals, rice, pasta and other hot foods.
- Spread cream cheese (if allowed on your meal plan) on toast, crackers, bagels or add it to vegetables.
- Use mayonnaise in salads and sandwiches.
- Use extra olive and canola oils in recipes or cooking.
- Mix sour cream (if allowed on your meal plan) into cream soups, macaroni, vegetables and salad dressings. Add to fresh berries and top with brown sugar for a dessert.
- Add non-dairy liquid creamer (in place of milk) on cereals, in soups, casseroles, puddings or custards.



Eat plenty of carbohydrate or "starchy" foods:

- Breads (white, French, Italian, rye, pita), dinner rolls, bagels or corn bread
- Crackers (unsalted tops)
- Rice, spaghetti or other noodles (in place of potatoes)
- Dry cereals (Cornflakes, Corn Pops®, Corn Chex®, Fruit Loops®, Puffed Rice, Puffed Wheat)
- Hot cereal (grits, Cream of Wheat, Oatmeal)



Sweeten your diet by eating foods with added sugars. Try Snacking on:



- Hard candies, gumdrops and jelly beans
- Cakes, cookies and cupcakes (avoid those with chocolate and nuts)
- Donuts, croissants and Danish pastries
- Add corn syrup, honey and maple syrup to recipes
- Add jams and jellies to bread, toast and crackers
- Pies made with low potassium fruits (blueberry, apple and lemon meringue)
- Popsicles, sherbet and Italian ices (these foods are liquid at room temperature and should be counted as part of your fluid intake).



Calorie Boosters

Foods listed as calorie boosters are good sources of energy (100 calories) and are low in potassium, sodium and phosphorus. Adding these foods into your diet will help give you extra calories.

Beverages	
Kool-Aid®	1 cup
Limeade	1 cup
Lemonade	1 cup
Cranberry juice cocktail	1 cup
Tang®	1 cup
Frozen Desserts	
Fruit Ice	½ cup
Popsicle (3 ounces)	1 bar
Juice bar (3 ounces)	1 bar
Sorbet	½ cup
Candy and Sweets	
Butter mints	14
Candy corn	20
Fruit chews	4
Gumdrops	15 small
Hard candy	4 pieces
Jelly beans	10
Lifesavers®	12
Marshmallows	5 Large
Honey	2 Tablespoons
Pancake syrup	2 Tablespoons
Jam, Jelly, Marmalade	2 Tablespoons
Cranberry Sauce	¼ cup
Sugar (all types)	2 Tablespoons



High Calorie Recipe

There are special high-calorie drinks made for people with kidney problems. These drinks can usually be ordered at your local pharmacy. Check with your dietitian to find out which one would be best for you.

Homemade Frappe:

½ cup Liquid non-dairy creamer (Coffee Rich®, Poly Rich®)

½ cup Non-dairy whipped topping (Cool Whip®)

1 Tbsp Sugar (or sugar substitute if you are diabetic)

1-2 drops Vanilla flavoring

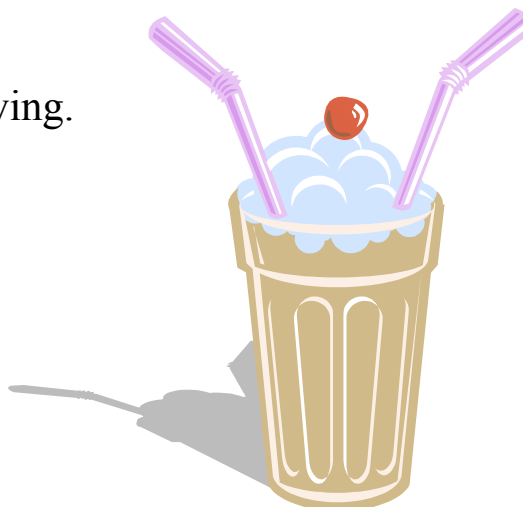
½ cup Frozen/pasteurized liquid egg substitute, thawed

***Do not use raw eggs**

Directions: Mix well and chill before serving.

Nutrition Facts

Serving Size:	1 cup
Servings:	one
Calories	360
Protein (grams)	7
Carbohydrate (grams)	36
Fat (grams)	23
Sodium (milligrams)	211
Potassium (milligram)	176
Phosphorus (milligrams)	83
Fluid (oz)	4.5



Source:
Department of Veterans Affairs
Nutrition and Food Service